



Applied aspects and critical analysis of Grahi and Stambhana Karma

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This critical review provides a comprehensive description of the basic concepts involving Grahi and Stambhana actions. In this study, the Grahi, Stambhana Karmas and the Grahi, Stambhana Dravyas mentioned in Bhavaprakasha Nighantu are thoroughly analysed. To extract pertinent information on Dravyas and Grahi and Stambhana activities from Bhavaprakasha Nighantu, a systematic methodology was used. The results were gathered by consulting a number of traditional Ayurvedic literatures. This review highlights the physiological principles that underlie the activities of Stambhana and Grahi, as well as their clinical value. This critical analysis provides insightful information about the therapeutic potential of related Dravyas in Ayurvedic medicine as well as the tenets of Grahi and Stambhana Karmas. Although there is need and scope for further research to validate the potential of these Dravyas.

Keywords: Grahi, Stambhana, Karma, Dravyaguna, Bhavaprakasha Nighantu

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Introduction

Grahi and *Stambhana* fall under the category of *Karma*. The factor that is responsible for executing any *Kriya* (Action) is called *Karma*. According to *Acharya Caraka*, *Karma* refers to the entities accountable for *Samyoga* (Union) and *Vibhaga* (Division). *Karma* exists within a *Dravya* and has no existence without *Dravya*, performing specific actions attributed to *Dravya*.^[1]

Grahi and *Stambhana* are crucial in controlling excessive flow, though they apply to different situations and function through distinct mechanisms. A *Dravya*, which acts as *Deepana* (Enhances digestion), *Pachana* (Aids in digestive processes), and dries moisture due to its *Ushna Guna* (Hot quality), is called *Grahi Karma*.^[2] On the other hand, *Stambhana Karma* means *Dravyas*, owing to their *Ruksha* (Dry), *Sheeta* (Cold), *Laghu Paka* (Light), and *Kashaya Rasa* (Astringent taste) of *Vata*, inhibit movement.^[3] *Stambhana* is one among *Shadupakarma* (six fundamental treatment principles) according to *Acharya Caraka*.^[4]

Materials and Methods

Information was gathered from *Ayurvedic* classical texts, text books related to *Dravyaguna*, recent scholarly articles, and electronic databases containing both historical and current research.

Grahi Karma

The word *Grahi* means, one which grasp or hold tightly. A *Dravya* which does both *Deepana* (Enhances digestion), and *Pachana* (Aids in digestive processes) and does *Dravashoshana* (dries moisture) by virtue of *Ushnaguna* (Hot quality) is called as *Grahi*. *Acharya Sharangadhara* have given *Shunti* (*Zingiber officinale* Roscoe.), *Jeeraka* (*Cuminum cyminum* Linn.), and *Gajapippali* (*Scindapsus officinalis* Roxb.) as ex. for *Grahi*.^[5]

Table 1: Guna and Mahabhuta of Grahi Dravya[6]

Guna	Ushna
Veerya	Ushna
Vipaka	Katu
Mahabhuta	Vayu

Table 2: Drugs mentioned as Grahi in Bhavaprakasha Nighantu[7]

SN	Name of the drug	Botanical Name and Family	Name of the Varga
1.	Sunthi	<i>Zingiber officinale</i> Roscoe. Zingiberaceae	Haritakyadi Varga
2.	Chitraka	<i>Plumbago zeylanica</i> Linn. Plumbaginaceae	Haritakyadi Varga
3.	Parasika Yavani	<i>Hyoscyamus niger</i> Linn. Solanaceae	Haritakyadi Varga
4.	Dhanyaka	<i>Coriandrum sativum</i> Linn. Apiaceae	Haritakyadi Varga
5.	Lodhra	<i>Symplocos racemose</i> Roxb. Symplocaceae	Haritakyadi Varga
6.	Pattani Lodhra	<i>Symplocos crataegoides</i> Buch-Ham. Symplocaceae	Haritakyadi Varga
7.	Bhanga	<i>Cannabis sativa</i> Linn. Cannabaceae	Haritakyadi Varga
8.	Khakhasa	<i>Papaver somniferum</i> Linn Papaveraceae	Haritakyadi Varga
9.	Ahiphena	<i>Papaver somniferum</i> Linn Papaveraceae	Haritakyadi Varga
10.	Rala	<i>Shorea robusta</i> Gaertn.f Dipterocarpaceae	Karpuradi Varga
11.	Jatiphala	<i>Myristica fragrans</i> Houtt. Myristicaceae	Karpuradi Varga
12.	Musta	<i>Cyperus rotundus</i> Linn. Cyperaceae	Karpuradi Varga
13.	Gandha Palashi	<i>Hedychium spicatum</i> Ham. Ex smith. Zingiberaceae	Karpuradi Varga
14.	Bilwa	<i>Aegle marmelos</i> Corr. Rutaceae	Guduchyadi Varga
15.	Syonaka	<i>Oroxylum indicum</i> Vent. Bignoniaceae	Guduchyadi Varga
16.	Vartaki	<i>Solanum indicum</i> Linn. Solanaceae	Guduchyadi Varga
17.	Laghu Panchamula	A group of roots of five small herbs (<i>Bruhati</i> , <i>Kantakari</i> , <i>Prishnaparni</i> , <i>Shalaparni</i> , <i>Gokshura</i>)	Guduchyadi Varga
18.	Jeevanti	<i>Leptadenia reticulata</i> W.&A. Apocynaceae	Guduchyadi Varga
19.	Mudgaparni	<i>Phaseolus trilobus</i> Ait. Fabaceae	Guduchyadi Varga
20.	Mashaparni	<i>Teramnus labialis</i> Spreng. Fabaceae	Guduchyadi Varga
21.	Mahanimba	<i>Melia azedarach</i> L. Meliaceae	Guduchyadi Varga
22.	Kanchanara Twak	<i>Bauhinia variegata</i> Linn. Fabaceae	Guduchyadi Varga
23.	Kovidara Twak	<i>Bauhinia purpurea</i> Linn. Fabaceae	Guduchyadi Varga
24.	Balachatustayam	Group of four Bala	Guduchyadi Varga
	1. Bala	1. <i>Sida cordifolia</i> L.	
	2. Atibala	2. <i>Abutilon indicum</i> (L.) Sweet	
	3. Mahabala	3. <i>Sida veronicifolia</i> Lam.	
	4. Rajabala	4. <i>Sida rhombifolia</i> L.	

25.	Gandadurva	Cynodon dactylon Pers. Poaceae	Guduchyadi Varga
26.	Raktha Punarnava	Trianthema portulacastrum Linn. Aizoaceae	Guduchyadi Varga
27.	Akashavalli	Cuscuta reflexa Roxb. Convolvulaceae	Guduchyadi Varga
28.	Matsyakshi	Alternanthera sessilis (Linn) Amaranthaceae	Guduchyadi Varga
29.	Gojihwa	Elephantopus scaber L. Asteraceae	Guduchyadi Varga
30.	Veerataru	Dichrostachys cinerea W.& A. Fabaceae	Guduchyadi Varga
31.	Kinchalka (Kamala Kesara)	Nelumbo nucifera Gaertn. Nelumbonaceae	PushpaVarga
32.	Kalharam (Red variety of Kumuda)	Nymphaea rubra Roxb. Nymphaeaceae	PushpaVarga
33.	Shatapatri	Rosa centifolia Linn. Rosaceae	PushpaVarga
34.	Asoka	Saraca asoca (Roxb.)Willd Fabaceae	PushpaVarga
35.	Bandhujiva	Pentapetes phoenicea Linn. Malvaceae	PushpaVarga
36.	Vata	Ficus benhgalensis Linn. Moraceae	Vatadi Varga
37.	Nandi Vruksha	Ficus retusa Linn Moraceae	Vatadi Varga
38.	Panchavalkala	Bark of 5 Kshrivruksha	Vatadi Varga
39.	Babbula	Acacia arabica Willd. Fabaceae	Vatadi Varga
40.	Tooni	Cedrela toona Roxb. Meliaceae	Vatadi Varga
41.	Palasha	Butea monosperma (Lam.) Taub. Fabaceae	Vatadi Varga
42.	Palasha (Fruit)	Butea monosperma (Lam.) Taub. Fabaceae	Vatadi Varga
43.	Mocharasa	Bombax ceiba L. Malvaceae	Vatadi Varga
44.	Moksha	Schrebera swietenoides Roxb. Oleaceae	Vatadi Varga
45.	Amra (Puspa)	Mangifera indica Linn. Anacardiaceae	Amradiphala Varga
46.	Rajamra	Mangifera indica Linn. Anacardiaceae	Amradiphala Varga
47.	Chirbhitam	Cucumis melo L. Cucurbitaceae	Amradiphala Varga
48.	Kalindam	Citrullus vulgaris Schard. Cucurbitaceae	Amradiphala Varga
49.	Bilwa (Unripe)	Aegle marmelos (L.) Correa, Rutaceae	Amradiphala Varga
50.	Kapittha	Limonia acidissima L. Rutaceae	Amradiphala Varga
51.	Tintuka	Diospyros embryopterisPers. Ebenaceae	Amradiphala Varga
52.	Kupilu	Strychnos nux-vomicaL. Strychnaceae	Amradiphala Varga
53.	Badara	Zizyphus jujubaMill. Rhamnaceae	Amradiphala Varga
54.	Padmabheeja	Euryale feroxSalisb. Nymphaeaceae	Amradiphala Varga
55.	Sringatakam	Trapa bispinosaRoxb. Lythraceae	Amradiphala Varga
56.	Dadima	Punica granatum Linn. Lythraceae	Amradiphala Varga
57.	Karmaranga	Averrhoa carambolaL. Oxalidaceae	Amradiphala Varga
58.	Srotoanjana	Lead sulphide	Dhatuvadi Varga
59.	Shastika	Oryza sativa Linn Gramineae	Dhanya Varga
60.	Vanamudga	Phaseolus aconitifoliusJacq. Fabaceae	Dhanya Varga
61.	Adhaki	Cajanus indicusSpreng. Fabaceae	Dhanya Varga
62.	Chanaka	Cicer arietinum subsp. Fabaceae	Dhanya Varga
63.	Triputa	Lathyrus sativus var. Fabaceae	Dhanya Varga
64.	Tila	Sesamum indicum Linn. Pedaliaceae	Dhanya Varga
65.	Tuvari	Eruca sativa(L.) Mill. Brassicaceae	Dhanya Varga
66.	Kodrava	Paspalum scrobiculatum Linn Poaceae	Dhanya Varga
67.	Nivara	Hygroryza aristata Nees Poaceae	Dhanya Varga
68.	Changeri	Oxalis corniculata Linn. Oxalidaceae	Shaka Varga
69.	Sheetavara	Marsilea minuta Linn. Marsileaceae	Shaka Varga
70.	Kasamarda	Cassia occidentalis Linn. Fabaceae	Shaka Varga
71.	Shalmali Puspa and Shaka	Bombax ceiba Linn. Bombacaceae	Shaka Varga
72.	Karkati	Cucumis utilissimus Roxb. Cucurbitaceae	Shaka Varga
73.	Kemukam	Costus speciosus(J.Koenig) Sm. Costaceae	Shaka Varga
74.	Kaseru	Scirpus kysoorRoxb. Cyperaceae	Shaka Varga
76.	Sasha	Indian hare	Mamsa Varga
77.	Lava	Jungle bush quail	Mamsa Varga
78.	Tittira	Grey Partridge	Mamsa Varga
79.	Sashkuli	A type of fish	Mamsa Varga
80.	Sevika	Crispy gram flour fried noodles	Kritanna Varga
81.	Manda along with Anupana	Rice gruel	Kritanna Varga
82.	Mudga	Green gram	Kritanna Varga
83.	Shali Saktu	Rice malt	Kritanna Varga
84.	Aja Dugdha	Goat's Milk	Dugdha Varga
85.	Dadi	Curd	Dadhi Varga

86.	Aja Dadi	Curd prepared out of Goat's milk	Dadhi Varga
87.	Takra	Butter milk	Takra Varga
88.	Dugdhotha Navaneeta	Milk cream	Navaneeta Varga
89.	Sadhyo Nisaritha Navaneeta	Fresh milk cream	Navaneeta Varga
90.	Dugdha Nirsutha Ghrita	Ghee	Ghrita Varga
91.	Taila	Oil	Taila Varga
92.	Tuvari Taila	Hydnocarpus laurifolia	Taila Varga
93.	Sura	Alcoholic beverage	Sandana Varga
94.	Madhu	Honey	Madhu Varga
95.	Purana Madhu	Honey stored for long time	Madhu Varga

Stambhana Karma

The meaning of *Stambhana* is *Jadikaranatwa* which means motionless, that which obstructs, hinders or restrains.[8] *Stambhana* refers to checking excess flow of *Drava*. It is one among *Shadupakrama* mentioned by *Acharya Charaka*. *Labdha Bala* (Gaining of strength), *Yathokta Amaya Jita* (to overcome afflicted diseases) are advantages of *Stambhana Chikitsa*. When it is performed in excess it leads to *Shyavata*, *Stabdhagatra*, *Udvega*, *Hanugraha*, *Hrudgraha*, *Varcho Nigraha*. Person suffering from *Pittaja Rogas*, who has undergone *Kshara*, *Agnikarma* therapy, one who is suffering from *Atisara*,

Chardhi, *Vishavega*, and *Sweda Atiyoga* are said to be eligible for *Stambhana Karma*. Drugs which are *Drava*, *Tanu*, *Asara*, *Stira*, and have *Madhura*, *Tikta*, *Kashaya Rasa* are known to have *Stambhana* property. In this context *Tanu* refers to *Abahula* which is not too thick or dense and *Asara* implies which is stable and not having any movement.[9]

Table 3: Guna and Mahabhuta of Stambana Dravya[10]

Rasa	Kashaya
Guna	Ruksha
Veerya	Sheeta
Vipaka	Katu
Mahabhuta	Vayu

Table 4: Drugs mentioned as Sangrahi in Bhavaprakasha Nighantu[11]

SN	Name of the drug	Botanical Name and Family	Name of the Varga
1.	Swinna Haritaki	Terminalia chebula Retz. Combretaceae	Haritakyadi Varga
2.	Jeeraka	Cuminum cyminum Linn. Apiaceae	Haritakyadi Varga
3.	KrishanaJeeraka	Carum carvi Linn. Apiaceae	Haritakyadi Varga
4.	Upakunjika	Nigella sativa Linn. Apiaceae	Haritakyadi Varga
5.	Indrayava	Holarrhena antidysentria Wall. Apocyanaceae	Haritakyadi Varga
6.	Priyangu	Callicarpa macrophylla Vahl. Lamiaceae	Karpuradi Varga
7.	Guduchi	Tinospora cordifolia Wild. Menispermaceae	Guduchyadi Varga
8.	Arka Puspa	Calotropis procera (Ait.)R.Br. Apocynaceae	Guduchyadi Varga
9.	Parpata	Fumaria parviflora Lam. Papaveraceae	Guduchyadi Varga
10.	Kanchanara Puspa	Bauhinia variegata Linn. Fabaceae	Guduchyadi Varga
11.	Kovidara Puspa	Bauhinia purpurea Linn. Fabaceae	Guduchyadi Varga
12.	Shobhanjana	Moringa oleifera Lam. Moringaceae	Guduchyadi Varga
13.	Jalapippali	Lippa nodiflora Mich Lamiaceae	Guduchyadi Varga
14.	Mrunala (Kamala Kanda)	Nelumbo nucifera Gaertn. Nelumbonaceae	PushpaVarga
15.	Japa	Hibiscus rosasinensis Linn. Malvaceae	PushpaVarga
16.	Jambu	Eugenia heyneana Wall. Myrtaceae	Amradiphala Varga
17.	Vrukshamalam	Garcinia indica Choisy. Clusiaceae	Amradiphala Varga
18.	Kulattha	Dolichos biflorusL. Fabaceae	Dhanya Varga
19.	Parpata	Fumaria parviflora Papaveraceae	Shaka Varga
20.	Guduchi Patra	Tinospora cordifolia Menispermaceae	Shaka Varga
21.	Grnjanam	Daucus carota var. sativa DC. Apiaceae	Shaka Varga
22.	Shalooka	Nelumbium speciosum	Shaka Varga
23.	Ena	Indian antelope	Mamsa Varga
24.	Panduka	Ring dove	Mamsa Varga
25.	Mayura	Peacock	Mamsa Varga
26.	Paravata	Blue rock pigeon	Mamsa Varga
27.	Navaneeta	Milk cream	Navaneeta Varga

Table 5: Drugs mentioned as *Sthambana* in *Bhavaprakasha Nighantu* [12]

SN	Name of the drug	Botanical Name and Family	Name of the Varga
1.	Veerana	Chrysopogon zizanioides (L) Roberty. Poaceae	Karpuradi Varga

Table 6: Drugs mentioned as *Sangrahi* in *Agryaprakarana*

SN	Agrya	Caraka Samhita[13]	Astanga Samgraha[14]	Astanga Hrudaya
1.	Ajaksheera (Goat's milk)	Soshagna Stanyasatmya Raktasangrahi Raktapitta Prasahamana (Relieves emaciation, galactagogue, and good for bleeding disorders)	Soshagna Stanyakara Raktasangrahi Raktapitta Prasahamana (Relieves emaciation, galactagogue, and good for bleeding disorders)	-
2.	Mustha (Cyperus rotundus)	Sangrahika Deepana Pachana (Astringent, appetizers, digestives)	Sangrahika Deepana Pachana (Astringent, appetizers, digestives)	-
3.	Katavanga (Oroxylum indicum)	Sangrahika, Pachana, Deepana (Astringent, digestive, appetizers)	Sangrahika, Pachana, Deepana (Astringent, digestive, appetizers)	-
4.	Ananta (Hemidesmus indicus)	Sangrahika Raktapitta Prashamana (Astringent, cures bleeding disorders)	-	-
5.	Amrita (Tinospora cordifolia)	Sangrahika Vatahara Deepaniya Sleshma Shonita Vibanda Prashamanam (Astringent, alleviates Vata, appetizer, alleviates Kapha and Rakta, cures constipation)	Sangrahika Deepaniya Vata Sleshma Shonita Vibanda Prashamana (Astringent, appetizer, alleviates Vata Kapha and Rakta, cures constipation)	-
6.	Bilwa (Aegle marmelos)	Sangrahika Deepana Vatakapha Prashamananam (Astringent, appetizer, alleviates Vata and Kapha)	Sangrahika Deepana Vatakapha Prashamananam (Astringent, appetizer, alleviates Vata and Kapha)	-
7.	Ativisha (Aconitum heterophyllum)	Deepana, Pachana, Sangrahika Sarvadoshaharanam (Appetizer, digestive, astringent, alleviates all the Doshas)	Deepana, Pachana, Sangrahika Sarvadoshaharanam (Appetizer, digestive, astringent, alleviates all the Doshas)	-
8.	Utpala Kumuda Padma Kinjalaka (Nymphaea alba, Nelumbo nucifera)	Sangrahika Raktapitta Prashamana (Astringent, cures bleeding disorders)	Sangrahika Raktapitta Prashamana (Astringent, cures bleeding disorders)	-
9.	Kutaja Twak (Holarrhena antidysenterica Bark)	Sleshmapitta Rakta Sangrahi Upashoshana (Alleviates Kapha Pitta Rakta, Astringent, Causes dryness)	Sleshmapitta Rakta Sangrahi Upashoshana (Alleviates Kapha Pitta Rakta, Astringent, Causes dryness)	-
10.	Kashmarya Phala (Gmelina arborea)	Rakthasangrahi Raktapitta Prashaana (Stops bleeding and cures bleeding disorders)	Rakthasangrahi Raktapitta Prashaana (Stops bleeding and cures bleeding disorders)	-
11.	Bala (Sida cordifolia)	Sangrahi, Balya Vataharanam (Astringent, strength promoting, alleviates vata)	Sangrahi, Balya Vataharanam (Astringent, strength promoting, alleviates vata)	-

Table 7: *Purisha Sangrahaneeya Mahakashaya*[15]

SN	Name of the drug	Botanical Name and Family
1.	Priyangu	Callicarpa macrophyllum Vahl (Lamiaceae family)
2.	Ananta	Hemidesmus indicus (Apocynaceae)
3.	Amrasthi	Mangifera indica (Anacardiaceae)
4.	Katvanga	Oroxylum indicum (Bignoniaceae)
5.	Lodra	Symplocos racemose (Symplocaceae)
6.	Mocharasa	Salmalia malabarica (Malvaceae)
7.	Samanga	Mimosa pudica (Fabaceae)
8.	Dhataki puspa	Woodfordia floribunda (Lythraceae)
9.	Padma	Nelumbo nucifera (Nelumbonaceae)
10.	Padmakaesara	Nelumbo nucifera (Nelumbonaceae)

Table 8: *Mutra Sangrahaneeya Mahakashaya*[16]

SN	Name of the drug	Botanical Name and Family
1.	Jambu	Eugenia jambolana (Myrtaceae)
2.	Amra	Mangifera indica (Anacardiaceae)
3.	Plaksha	Ficus lacor (Moraceae)
4.	Vata	Ficus benghalensis (Moraceae)
5.	Kapitana	Albizia lebbek (Fabaceae)
6.	Udumbara	Ficus glomerata (Moraceae)
7.	Ashwattha	Ficus religiosa (Moraceae)
8.	Bhallataka	Semecarpus anacardium (Anacardiaceae)
9.	Ashmanataka	Ficus rumphi (Moraceae)
10.	Somavalka	Acacia catechu (Fabaceae)

Table 9: *Nyagrodadi Gana* according to *Acharya Vagbhata* [17]

SN	Name of the drug	Botanical Name and Family
1.	Nyagrodha	Ficus benghalensis (Moraceae)
2.	Pippala	Ficus religiosa (Moraceae)
3.	Sadaphala	Ficus racemosa (Moraceae)
4.	Rajajambu	Eugenia jumbolona (Myrtaceae)
5.	Kakajambu	Eugenia operculata (Myrtaceae)
6.	Rodhra	Symplocos racemosa (Symplocaceae)
7.	Shabararodhra	Symplocos crategoides (Symplocaceae)
8.	Arjuna	Terminalia arjuna (Combretaceae)
9.	Kapeetana	Spondias Mangifera (Anacardiaceae)
10.	Somavalka	Myrica nagi (Myricaceae)
11.	Plaksha	Ficus lacor (Moraceae)
12.	Amra	Mangifera indica (Anacardiaceae)
13.	Vanjula	Salix caprea (Salicaceae)
14.	Priyala	Buchanania lanzan (Anacardiaceae)
15.	Palasha	Butea monosperma (Fabaceae)
16.	Nandi	Ficus rumphi (Moraceae)
17.	Koli	Ziziphus jujuba (Rhamnaceae)
18.	Kadamba	Anthocephalus kadamba (Rubiaceae)
19.	Virala	Diospyros melanoxylon (Ebenaceae)
20.	Madhuka	Glycerrhiza glabra (Fabaceae)
21.	Madhooka	Madhuca indica (Sapotaceae)

Table 10: Nyagrodadi Gana according to Acharya Sushruta [18]

SN	Name of the drug	Botanical Name and Family
22.	Nyagrodha	Ficus benghalensis (Moraceae)
23.	Udumbara	Ficus glomerata (Moraceae)
24.	Ashwattha	Ficus religiosa (Moraceae)
25.	Plaksha	Ficus lacor (Moraceae)
26.	Madhuka	Glycyrrhiza glabra (Fabaceae)
27.	Kapeetana	Thespesia populnea (Malvaceae)
28.	Kakubha	Terminalia arjuna (Combretaceae)
29.	Amra	Mangifera indica (Anacardaceae)
30.	Koshamra	Schleichera trijuga (Sapindaceae)
31.	Chorapatra	Angelica glauca (Apiaceae)
32.	Rajajambu	Eugenia jambolana (Myrtaceae)
33.	Kakajambu	Eugenia operculata (Myrtaceae)
34.	Priyala	Buchanania lanzan (Anacardaceae)
35.	Madhooka	Madhuca indica (Sapotaceae)
36.	Rohini	Myrica nagi (Myricaceae)
37.	Vanjula	Salix caprea (Salicaceae)
38.	Kadamba	Anthocephalus cadamba (Rubiaceae)
39.	Badari	Ziziphus jujuba (Rhamnaceae)
40.	Tinduki	Diospyros embryopteris (Ebenaceae)
41.	Shallaki	Boswellia serrata (Burseraceae)
42.	Rodhra	Symplocos racemosa (Symplocaceae)
43.	Shabara lodhra	Symplocos cratogeomys (Symplocaceae)
44.	Bhallataka	Semecarpus anacardium (Anacardiaceae)
45.	Palasha	Butea monosperma (Fabaceae)
46.	Nandivruksha	Thespesia populnea (Malvaceae)

Stambhana as Shadupakrama

Of all the treatment modality listed in *Ayurveda*, *Shadvidopakrama* holds prime importance. It is said that one who is specialized in all six types of *Upakrama* like *Snehana*, *Swedana*, *Langhana*, *Brihmana*, *Rukshana* and *Stambhana* is said to be real Physician. *Stambhana* is one of the *Upakrama* mentioned in *Shadvidhopakrama* which is explained by *Acharya Charaka*. [19]

Sheeta Guna Lakshana: *Hladana*, *Stambhana*, and power to overcome *Murcha*, *Daha*, *Trushna* are said to be properties of *Sheeta Guna* and predominantly constituted by *Vayu* and *Jala Mahabhuta*. [20]

Ruksha Guna Lakshana: *Dravya Shoshana*, *Stambhana* and *Kharatwa* are the properties of *Ruksha Guna*. [21]

Kashaya Rasa Guna: *Sheeta*, *Shoshana*, *Stambhana*, *Ruksha* and *Laghu*. Drugs which possess *Kashaya Rasa*, *Ruksha*, *Sheeta*, *Laghu Guna* act as *Stambhana Dravyas*. [22]

Analysis of Grahi and Sthambhana Karma

Acharya Sushruta opines that *Grahi Dravyas* are *Vayu Mahabhuta Pradhana*.

According to *Acharya Sharangadhara*, the *Dravashoshana* of *Grahi* is brought by *Ushna Guna*. To resolve this discrepancy, *Adamalla* says that *Grahi* can be understood in two ways, *Ama Grahi*, and *Pakwa Grahi*. This is also known as *Ushna Grahi* and *Sheeta Grahi* respectively. [23] In the case of *Amamala* or *Apakwamala*, *Deepana*, *Pachana* followed by *Dravashoshana* happens with the help of *Ushna Guna*. So, this is called *Grahi* or *Ushna Grahi*. In the case of *Pakwamala*, there is no need for *Deepana* and *Pachana Karma*, only *Dravashoshana* is needed, attained by *Vata Dosha*. Hence called *Sheeta Grahi*. *Sheeta Grahi* is also known as *Sthambhana*. [24] Therefore, *Grahi Karma* differs from *Sthambhana Karma* in performing *Deepana* and *Pachana*.

Discussion

Sthambhana is applicable in excess flow of all *Srotas* and *Grahi* is restricted to *Purishavaha*, *Udakavaha* and *Annavaha Srotas*. *Grahi* does *Deepana* and *Pachana Karma* followed by *Dravashoshana*. Therefore *Grahi Dravya* aids in digestion along with the absorption of water and electrolytes from the gut. Whereas *Sthambhana Dravyas* do the absorption of excess water as well as decreases the intestinal motility in case of diarrhoea. *Stambhana Karma* can also be employed in cases of excessive bleeding. *Stambhana Dravyas* due to *Sheeta* and *Ruksha Guna* helps in the vasoconstriction of the vessels and there by checking the bleeding. These are used in case of conditions, when there is *Atipravritti* of *Dosha*, *Dhatu* and *Mala*. Eg: *Atipravritti* in case of *Atisara*, *Grahani*, *Shweta Pradara* etc.

Conclusion

Both *Stambhana* and *Grahi Karma* helps in checking excess flow, but the mode action depends upon the *Panchamahabuta* and the *Rasapanchaka* of the drugs. The application part of *Grahi* and *Stambhana* is emphasized by *Adamalla* commentary of *Sharangadhara Samhitha*. *Stambhana* which means arresting excess flow can be employed in *Atipravrutthi* of *Mala*, *Raktasrava* etc. While *Grahi Karma* mainly revolves around absorption of excessive fluids especially in *Annavaha Srotas*. Various *Dravyas* mentioned under *Stambhana* and *Grahi Karma* in *Bhavaprakasha Nighantu* have been enlisted in this study.

However, it is imperative to conduct further research to substantiate the effectiveness and safety of these *Dravyas* in further clinical utility.

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